

OLD  
TRAFFORD  
FREE

# news

WRITTEN BY RESIDENTS FOR RESIDENTS

SPRING 2006

## **Healthy Old Trafford** *Eight-page health & fitness pull-out*



Nowhere to turn?  
The crisis in support  
and advice

Council Chief David  
McNulty interviewed

**Singin' the BlueSCI**  
A music studio like no other

اجنبی یافروز کی خبر

And all our regular competitions, sport,  
jobs, training and much, much more



# Summer Fun!



## FOR JUST £1 A DAY PER CHILD WE AIM TO OFFER

- Structured activities based around multi media, sports, arts and craft, music.
- Subsidised Tuck Shop with healthy options
- Supervision of young people aged 8 – 16
- Awards for personal achievements

We also will be having early evening dance classes in partnership with Divas and Dons for children and young people, to help them gain confidence, keep fit and hopefully gain enough experience to perform in front of an audience. (additional cost of £1.50 per session).

Note to Parents/Guardians of children aged 7 and under – we will accept children under the age of 8 providing they are accompanied by an adult (18yrs+). A maximum of 3 children per adult will be acceptable but please take into account that the staff and volunteers of the project will not be responsible for their care, full responsibility of their health and safety will be with the parent/guardian registered to supervise them.

Please note priority will be given to those living within the M16/M15 area, a limited number of 30 children and young people can be accepted on any one day. A registration/consent form must be completed and signed by a parent or guardian of each child before we accept admission. (Acknowledgement, with an itinerary of the activities will be sent to each child/young person upon acceptance)

**When?** First two weeks of August 2006 (4 days per week)

**Where?** St Johns Centre, St Johns Road, Old Trafford.

**REGISTRATION FORMS WILL BE AVAILABLE FROM ST JOHNS CENTRE FROM 26TH JUNE 2006**

**Calling all artists, play workers, parents, guardians, grandparents, young people (16+)**

*We are looking for volunteers who would like to take part in this summer scheme, no formal qualifications necessary but experience working with Children and Young People would be advantageous. Expenses will be paid to cover any out of pocket expenses. To register your interest, all you have to do is leave your name and address and we will send you out an information pack with all the details. Tel 0161 872 7795 between 10 – 3pm and ask for Sandra.*

Vacancies will also be available to do some paid session work, so if you have current skills and qualifications in delivering arts/craft workshops, music, sports leadership, multi media, etc, pop in for an application pack or email us at [stjohnscentre2001-community@yahoo.co.uk](mailto:stjohnscentre2001-community@yahoo.co.uk) with your full details/CV.

*Please note all volunteers/paid workers will have to be CRB checked and also have personal references*

**Information & application packs will be available from 15th May 2006**

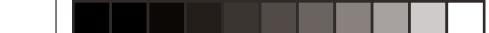


**local network fund**

St John's Centre  
St John's Hall  
St John's Road  
Old Trafford  
Manchester  
M16 7GX  
  
0161 872 7795



**C**  
Community Foundation  
for Greater Manchester



OT CONTENTS

OT CONTENTS

OT CONTENTS

OT CONTENTS

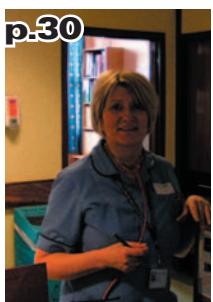


# BE A SPORT!

Our exclusive eight-page Healthy Old Trafford pull-out offers an essential guide to sports, fitness and other healthy activities in and around Old Trafford.



p.16



p.30



p.34

## News

Regeneration millions coming our way.....

4-5

Party in the Park news.....

6

New sports barns for OT.....

9

Hospitals latest...

11

جذب افراد من اجل

37-38

## Features

Nowhere to turn: Old Trafford's support crisis.....

14-15

Council chief Dave McNulty interviewed.....

16-17

Birthing centres: What are they, and do we need one?.....

30-31

Singing the BlueSci: we visit a music studio like no other.....

34-35

## Sports special

Listings.....  
Capoeira.....  
Gardening.....  
Yoga.....

21-29

24

27

29

## Regulars

Sports news.....  
7+Up.....  
Letters.....  
Listings.....  
Meet the team..

32-33

39

40

41-46

47

OTN 3

# OLD TRAFFORD NEWS

is an independent not-for-profit community magazine, written and produced by local residents for local residents.

We are always delighted to hear from new volunteers - whether for writing, photography and design, or for help with administration, distribution and many other tasks. If you would like to help in any way, please drop by St John's Centre any day during working hours, give us a ring, or send us an email.

**0161 872 7795****otn@hotmail.co.uk**

Published by:

**Old Trafford News Group  
St John's Centre, St John's Road,  
Old Trafford Manchester M16 7GX**

Printed by BGP, Launton Road, Bicester

Old Trafford News is supported by:

**Parish Mission Fund**



# Funding boost for

## Old Trafford

### £3.7 million of regeneration cash is coming our way.

Report by **Paul Sheehan**

Photography by **The OTN media skills training group**

Old Trafford has received major new Government funding which should improve life in the area in the years to come. The Safer and Stronger Communities Fund is providing £3.7 million over the next four years with the

intention of making Old Trafford a better place to live.

The Fund targets areas that are 'disadvantaged' as measured by a variety of factors such as health, income and incidence of crime. Old Trafford qualifies for funding under these

measurements but has previously missed out on major renewal grants because it is located in the relatively well-off Trafford borough.

Teresa Marriott of Trafford Council is part of the team that will manage the funding and she expressed her delight at the award. 'It really is a good news story for Old Trafford. In time this money should make a real difference to people's lives'.

The basic aim of the funding is to improve the quality of life in the area. One strand of this will be to make the physical environment safer and more pleasant, so money may be targeted at areas such as street cleaning and tree planting, as well as prevention of fly-tipping and cleaning up 'grot-spots'. Old Trafford will also be subject to a separate housing improvement programme by Trafford Housing Trust over the same period and so the net effect of these two investments on the fabric of the area should be very positive.

Another aim, perhaps more





difficult to deliver, is to improve the way that services are provided and co-ordinated. This will mean liaising with major service providers such as the Council, NHS, Police and the Trafford Housing Trust so that services are delivered in the most beneficial way for Old Trafford residents. It may also mean that existing community groups receive assistance and training to increase their effectiveness. Ultimately the intention is to enable local citizens to influence the way that services are delivered to them in the years to come.

Teresa acknowledges that this is quite a subtle message but is enthusiastic about the possibilities.

'In the past we've had grants directed at specific projects which perhaps haven't produced long-term benefits. What we're trying to do here is deliver lasting change, but in a gradual, step-by-step way. At the end of the four years people should be able to look at their area and

see that the quality of life is better'.

It is very early days in terms of deciding how and where the money will be spent. The new income will initially be channelled through an existing strategic body called Trafford Partnership, which brings together organisations across the public, private, voluntary and community sectors in the borough of Trafford. However a local steering group focussed on Old Trafford will

---

**'It really is a good news story for Old Trafford. This money should make a real difference to people's lives'**

---

be established for the day-to-day fund management, and this will be accountable to Trafford Partnership. This group will be made up of residents, councillors and businesses along with representatives of the local



service providers. The exact nature of this group is yet to be determined but Teresa stressed that local people will have a major role to play. 'We want to engage with the community to ensure that we have the right representatives on this group and make people aware of what is going on so that they can make their voices heard'.

In short the plan is to have an effective channel of communication between the funding group and the local community.

Although the aims of the funding may seem quite general, specific targets will be put in place to measure progress over the next four years. The steering group will draw upon past consultations by the council and regeneration groups, and will ensure that the bulk of the money is spent within the community rather than on administrators. It will also look to other areas of Greater Manchester such as Little Lever and Hattersley where similar grants have produced results. If the funding achieves its aims then Old Trafford residents can look forward to some positive changes in the years ahead.



**TELL US WHAT YOU THINK:**  
**otn@hotmail.co.uk**



# There's a **PARTY** going on!

By Eamonn Kirk

Photo: Hal Husbands

If you keep one date free this summer, make sure it is Saturday July 8th. Old Trafford's unique community extravaganza Party in the Park is back and promises to be bigger and better than ever.

It's a fabulous event that's a chance to see, celebrate and join in the creativity, diversity and raw talent of the people of Old Trafford.

The committee is in place, headline acts are being lined up. What Party in the Park really needs now is volunteers - that means you! Help is needed to

organise the event, and ensure a happy time is had by all on the day. Or if you're a musician, singer, dancer, DJ, MC, or any other type of performer, come along to the auditions - and don't worry, Simon Cowell will not be there.

Party in the Park is Old Trafford's biggest community event. It's been going every year since 2000, and

has attracted up to

8000 people to Seymour Park. Past years have seen a dazzling mix of rappers, bands and dance groups, alongside a field full of fun activities from poetry and drumming workshops to head massage, reiki, a climbing wall, footie and basketball tournaments, and much, much more. So come along to the auditions or offer your skills, and help make the 2006 Party in the Park the best yet.

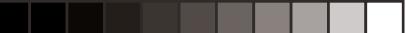


## **PARTY IN THE PARK AUDITIONS**

Gorse Hill Youth Centre: over 12s - May 30; under 12s - June 6;  
Old Trafford Youth Centre: over 12s - June 1; under 12s - June 8

For more information call 07963 557105/ 07947 438 322

**If you can help out before or on the day, please ring 0161 455 0216  
or 07920 230572 or email: [info@bloomnetwork.org](mailto:info@bloomnetwork.org)**



# Blooming good news

By Rod Allan

Firswood and Longford Community Group have received



£2,000 from the Community Foundation for its Firswood and Longford in Bloom 2006 project, to make environmental and ecological improvements.

The Royal Horticultural Society (RHS) judges the campaign which includes recycling, graffiti and litter initiatives. Also the Group will create wildlife habitats

and planting schemes, especially perennials as sustainable improvement is expected.

Lorna Aldred, Vice Chair, stated that she is delighted with the award: 'This is an excellent way for residents to express community pride in Firswood and Longford, and gives RHS observers the opportunity to witness neighbourhood involvement - a main judging theme.'

*In Bloom competition - p39*

## OT SHORTS

### OFFICIAL: OLD TRAFFORD IS NOT IN SALFORD

Last issue, OTN reported on the proposal for Stretford and Urmston parliamentary constituency to become part of a new constituency called 'Salford and Quays.' In April the Commissioner decided that there should be no change to the local constituencies. The Commissioner noted the large volume of correspondence and 'strong local objections' in his decision on Old Trafford.

### BRING OUT YOUR BOTTLES!

EMERGE, the community led social enterprise which conducts doorstep recycling in Old Trafford, has begun collecting plastic bottles and household (not car) batteries alongside their paper, glass and tin can service. Look out for the special bags now being provided for each. In 2005, OT residents put out an amazing 550 tons of recyclable material in their boxes and bags.

For details on your service call: 0161 912 4000.

EMERGE also need volunteers. Please call: 0161 222 8200

Know of a news story that OTN should be covering?

CALL: 0161 872 7795

EMAIL: otn@hotmail.co.uk

## Thieves cash in at cashpoint

By Julian Walker

A number of Old Trafford residents using the cashpoint at Tesco Express on Upper Chorlton Road have come in for a nasty surprise recently. Shortly after they have taken the money from the machine, thieves have taken it straight off them again.

Police are warning people using the cashpoint to be extra careful. If there are individuals, or gangs of people you are not happy with standing nearby, don't use that machine, use another, or wait until later and return when you feel comfortable. You can get money from the post office on Ayres Road, Trafford Bar, or

Withington Road, or from Asda in Hulme.

When you are using a cashpoint, it is considered safer to go with a friend or companion, and if possible take out money during daylight hours. Also, be aware of people watching your fingers as you type in your PIN number, as theft of cards is also a common problem. It's advised to cover your hands as you type in the number.

If you do see or hear anything suspicious please call the police, or anonymously to Crime Stoppers free on 0800-555-111.



# SUST For Fashion



## Seeking our young Jamaican achievers

Do you know any youngsters of Caribbean descent who deserve the title of Young Achiever of the year?

Manchester's Jamaica Society is calling for nominations for its annual awards to youngsters aged 14-25 who have shown exceptional courage, determination or dedication to helping others within their local communities.

Previous winners have included young people who have lived through bereavement, loss or hardship to attain academic achievements or to participate fully in community activities. Chair of the Jamaica Society Jackie McNeish told OTN:

'It is important that we recognise the many positive things young people are doing, because so often it's all overshadowed by negativity. The young achievers award recognises the good in our young people and encourages it in others.'

If anyone you know deserves to be nominated for the award, you can pick up an application form from the West Indian Centre on Carmoor Road, Longsight, email Miss Kennedy on [Jaxx164@hotmail.com](mailto:Jaxx164@hotmail.com) or call:

07932 842 376 or 07951 207492.

The Old Trafford-based environmental agency Action for Sustainable living hosted a highly successful fashion show at Bridgewater Hall in April. Models from the local area displayed garments created by some of Britain's leading environmentally and socially conscious designers, including these by Michelle Brando (top) and Sam McCormack.

Photography: Anna McLaughlin



# Green light for sports barn

Report and photo  
by David Esdaile

The Old Trafford community are to have a brand new sporting complex called The Sports Barn which will be built in Seymour Park adjoining the current Old Trafford Youth Centre building. The building is due to open in August with funding from Barclays Sports For Spaces and the Football Foundation Initiative. The sports barn will have 4 badminton courts, indoor cricket facilities, 5-a-side football, basketball and a host of other sporting activities. There is also additional funding for equipment, kits, maintenance and development.

Also nearby the council, Nike and MUFC are working on proposals to upgrade the

old tennis courts into state of the art Astroturf football pitches which will cost around £30,000.

Local organisations such as Old Trafford JFC Community Sports Academy and Urban Fitness Collective will not only be service users but will also have a big input into the management and direction of the programme, thus ensuring local accountability and sustainability.

The launch day itself was attended by Sir Alex Ferguson, David Gill and Ryan Giggs who met and spoke with many local people from the area, particularly with the TUF-C guys who took the opportunity to ask Alex and Giggsy some juicy questions,

take some photos and get loads of autographs.

Shagun Badejo, 21, from TUF-C stated that 'meeting Alex was great and having a new sport facility here will give us the opportunity to train indoors in winter.'

John Bailes, Chair of OTJFC Community Sports Academy added that 'as long as local people have an input in the managing of it, then everything will be OK.'

Ryan Giggs spoke for many in saying: 'facilities like these will help keep young people off the streets, which can only be a good thing,' while Sir Alex noted that 'it's from places like these that we will find the next Roy Keane's of the world.'



Sir Alex meets Marvin Powell and Jonno Marshall of TUF-C

## Sports stars to visit

Athletics star Paula Dunn and Welsh Rugby international Iestyn Harris are among the celebrities attending Booked! at LCC Cricket Ground on Sunday May 21st. The family fun day is organised by NW Libraries and will also offer a variety of workshops and activities in reading, writing and even commentating. Call Jane on 0161 236 4451 to reserve free entry or for more info.

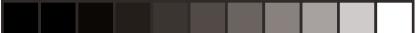
OTNEWS

OTNEWS

OTNEWS

OTNEWS

OTNEWS



# Stretford High takes stand against racism

By Hal Husbands

On the week of February 27th to March 3<sup>rd</sup> Stretford High school held a week of activities with the purpose of informing the parents, governors, staff and students of the procedures which will take place in the school if a racist incident occurs.

All members of the school have a right to safety, equality, and respect. A core part of this belief is how racist incidents are dealt with in school.

If a racist incident is reported in school a key part of the policy is that the parents / carers of students involved will be informed and be part

of their resolution. All racist incidents are recorded by the school and reported to the LEA on a regular basis. Their Racist Incident Procedure is part of the Equal Opportunity Policy.

The week consisted of assemblies, citizenship lessons and guest speakers. Parents were invited to attend the assemblies which took place 8.30am to 8.45am that week.

Deputy Head teacher Mr E.J Malone coordinated the week of activities and I was in attendance at the final assembly where I was able to give a short speech on how I have been coping with racism

after living in a country where it is non-existent. I pointed out to the students that they are the generation who can completely wipe out this very disturbing practice. They are all well equipped with knowledge about racism and can have more fun learning and educating themselves about each other's culture. There was also a poster competition and the winning poster is reproduced below. Over the past 18 months students, staff and parents have dug in and made Stretford High school a brilliant role model school for others throughout the UK to follow.





# NHS funding crisis bites in Trafford

## Child and maternity services are next to be hit

OTNEWS

OTNEWS

OTNEWS

OTNEWS

OTNEWS

As OTN goes to press, NHS bosses in Trafford are about to reveal the closure of all in-patient care for children, all hospital maternity services and all special care baby units in the borough. In future, any child that needs overnight or extended care will be treated at nearby hospitals in Manchester and Salford. Expectant mothers who need medical attention will do the same. Accident and Emergency departments will continue to see children at the nearest hospital, as before, and there will still be clinics and day surgery offered for children.

In January, a major consultation on children's NHS services in the North West began. 'Making It Better' sampled nearly 30,000 local opinions, including several thousand from this area. The exercise was the first stage in a 'rationalisation' of children's services, allowing

all the relevant health trusts to reduce their costs. The process will not formally conclude until later this month, however Old Trafford News has learned that none of the options being considered include maintaining inpatient children's care at Trafford General or Stretford Memorial hospitals.

In 2004-5, hospitals in Trafford provided in-patient care to 1,661 babies and children, amounting to 7% the in-patient stays in the borough. In addition, that year there were nearly 1,500 babies born at Trafford General.

The news arrives just as the Trafford health care trusts complete a disastrous year which has left them around £12million in debt. Last issue, OTN reported the proposals to transfer the management of cash-strapped Stretford Memorial Hospital to another management trust. Departments at Trafford

General are also under threat, with bosses seeking to sell 25% of hospital land to pay off debts. Meanwhile Altrincham Hospital may close altogether.

There may be some silver lining to the news, however. A raft of new community services are being promised for children and young people, allowing them to be treated nearer their homes and in a less stressful environment.

There is also a proposal to open a midwife-led birth centre, offering a more relaxed environment for childbirth in the place of the old maternity wards at Trafford General Hospital.

It seems the crisis in hospital provision in Trafford may yet get worse before it gets better, it is little comfort to residents that NHS Trusts across the country face similar harsh choices.

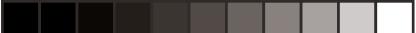
*(Birth Centre feature, p. 30)*



### Don't forget your sunscreen!

May is skin cancer awareness month. Skin damage is the third highest cause of cancer among Trafford residents. So don't forget, when the sun's out, slap it on!

The launch of Skin Cancer awareness month in Sale.



## Get in touch

If you're interested in opening an account or just want more information, call us on the number below or you can drop in at Shrewsbury Street Centre.

### Address

Shrewsbury Street Centre  
Shrewsbury Street,  
Old Trafford  
MANCHESTER M16 9AX

### Telephone

0161 912 1536

### Website

[www.traffordcreditunion.com](http://www.traffordcreditunion.com)

### e-mail

[traffordunited@yahoo.co.uk](mailto:traffordunited@yahoo.co.uk)

# Help your money grow



**Trafford  
United**  
Credit Union



## WE WANT YOUR PLASTIC BOTTLES!

EMERGE Recycling has listened to your requests and is now proud to announce that as of May 2006, kerbside collections will also include plastic bottles



Just to remind you that our weekly collections also include:

Cans  
Paper  
Thin card

Glass  
Textiles and shoes  
Household batteries

For enquiries please ring 912 4000

We are looking for volunteers to work within the community. For more information please contact us by telephone on 222 8200 or email [seb@emergemanchester.co.uk](mailto:seb@emergemanchester.co.uk)

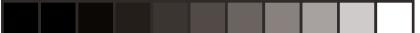


EMERGE is  
Manchester's  
premium  
recycling  
service



**emerge recycling**





*Are you able to offer your skills to this magazine?*

# **OLD TRAFFORD NEWS NEEDS VOLUNTEERS**

We depend on volunteers for writing, photography and design - but many other tasks too. If you have time or talent to spare, please get in touch. We would particularly welcome approaches from local residents who have or would like to develop skills in the following areas:

**DTP Design... Illustration (computer or freehand)...  
Website development... administration...**

and of course writers, photographers and creative geniuses

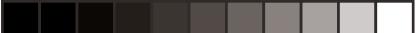
Training can be arranged in any area. But whatever your talents or experiences, we'll find something useful for you to contribute!

Ring: 0161 872 7795  
email: [otn@hotmail.co.uk](mailto:otn@hotmail.co.uk)  
or come in to see us:

St John's Centre, St John's Road, Old Trafford



PARISH MISSION FUND



# NOWHERE TO TURN?

**The lack of advice and support services in Old Trafford is rapidly becoming a crisis. Hal Husbands looks at the problem - and a possible solution**

In the Old Trafford area there is a problem. Access to advice and support services has been dwindling over the last 15 months. The Job Shop, located at the library on Shrewsbury street recently closed its doors to the public which means all residents will have to seek support elsewhere in finding employment.

The Citizens Advice Bureau is an agency run solely by volunteers, and provides many services to residents which cannot be accessed elsewhere. Once they had a permanent office in Stamford Street, but no more. Instead, CAB visits the library for three hours a week. There are times when residents (some old and disabled) are turned away after been told that enough volunteers are not present to provide services on that day. Since it's a first come first served basis and only about 15 people can be provided for on any given day residents are queuing up as early as 8am to be there when staff arrive to get their place in the queue.

Other advice agencies in Old

Trafford, from youth services to drugs, immigration to sexual health, are notable by their absence or infrequent availability.

One of the questions that must be asked is why are these very vital support organisations closing shop, knowing that it would affect a large radius of the community?

Over the last year Bloom healthy living network has been working hard and patiently at Addison House to fully develop a one-stop advice and support centre into a fully accessible facility where the residents in the vicinity can have access to very much needed advice and support services, with much emphasis on the development youth services.

Many agencies have expressed an interest in offering their services to Addison House. In the next few months Bloom will be campaigning feverishly to get agencies to acknowledge the problems we are facing and offer these much need social services to the area. Bloom has had a long running relationship

with Addison House for the past two years and has been supporting Addison House events, giving key information on healthy living, sexual health and drugs information.

Their solution to the problem is a successful attempt to bring on board the many potential agencies who can provide the access and support services we desperately require and transform this area into a place where new people will want to live and people already here won't want to leave.

Many agencies interested in helping Addison House are acquiring a direct link to them via their IT suite. Bloom has fulfilled their wishes and every Wednesday from 10 till 12 members from Bloom will be on hand at Addison drop in where there will be computers available for volunteers to learn or improve their IT skills and will be able to stay directly linked to any contributing agencies. In the coming months we are all hoping to see Addison house enjoy the vision of success that has been long overdue.

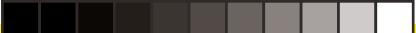


NEWS FEATURE

NEWS FEATURE

NEWS





# THE BUCK STOPS HERE

**This man is responsible for the smooth running of all council services in Trafford. No wonder he looks worried.**

**S**tanding nearly six foot tall, oozing style and finesse in a dark blue suit and crimson tie, David McNulty makes a confident first impression. As he meets some of my OTN colleagues before our interview begins, he fields a bombardment of tough questions about local services - or the lack of them. He knows his

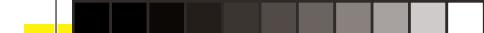
facts and is concise and to the point.

So who is the man with the grand job title of Chief Executive, and why is he here, talking to me?

'I want your readers to know that here is a man who does not hide behind a desk in a council building,' he explains. 'I am approachable and accessible. I am ready to listen, and to debate on local issues. I would like people to think the council was at their service, something they valued. Our service is crucially important to the quality of people's lives in every part of our borough. It is vital that we get things right for that reason.'

I confess I wasn't prepared for this experience. I'd done my research and knew his background - the awards for his work in adult education, his previous





**Interview by  
Donna-Michelle  
Griffiths  
Photography by  
Pele Dawson**

NEWS FEATURE

NEWS FEATURE

NEWS FEATURE

posts in the Midlands and Lancashire - , but I wasn't expecting such a youthful and humble man. But when he arrived last year to take charge of Trafford, was he ready for what he'd find?

'The important thing about me is that I never set out to have a career in local government. My initial work was in education , I taught 16-19 year-olds in colleges and then adults in the community. I am committed to lifelong learning.

'I'm a quick learner,' he continues. 'It feels like everything I have learnt up until now was getting me ready to come to a place like Trafford. It is a wonderful place and I feel very happy here.'

Now a Trafford resident, the 51-year old has a busy life at work and home.

'I'm a father of five, and I like to think we are a relatively normal family. My teenage children aren't impressed that I'm a chief executive. I have parents that drive me up the wall and children that drive me up the wall. At the same time I am legally responsible as the senior paid officer of the council. I am accountable for the service it provides to Trafford borough.

To coin a phrase - the buck stops here.'

As any Old Trafford resident will tell you, council decisions have not always been popular with local residents. Meeting the demands and needs of

**'A SMARTER COUNCIL  
LISTENS TO LOCAL  
PEOPLE - OFTEN IT IS THE  
IDEAS OF LOCAL PEOPLE  
THAT SHOW WHERE  
IMPROVEMENTS ARE  
NEEDED.'**

such a diverse borough as Trafford is not always easy. 'A smarter council listens to local people to become more efficient in its duties. Often it is the ideas of local people that show where

improvements are needed.'

David doesn't deny that needs of local people are not always met.

'We need to have a proper dialogue to move things forward; we need to work properly with our neighbours and residents to improve the service. The whole notion of service is something we need to emphasise more within our culture - full stop.

David McNulty's roller-coaster ride to Trafford has brought an air of positive change. This modest Aquarian swims upstream, while staying true to his roots. I doubt the power will go to his head - and so does he.

'My family keep me grounded.'

[otn@hotmail.co.uk](mailto:otn@hotmail.co.uk)



# OLD TRAFFORD PARKLIFE

**S**pring is in the air and the parks in Old Trafford are looking beautiful. Hullard Park will be entering for the national Green Flag Award which recognises excellence in parks and open spaces.

The award takes into account whether the park is a welcoming place, cleanliness and maintenance, community involvement, sustainability, heritage and conservation and overall management.

Over the last few years the partnership between the council's parks and countryside staff, local representatives on the Old Trafford in Bloom Committee and other community groups has created lots of improvements in the park.

The most impressive example of this is the creation of the largest wildflower meadow in an urban park in England with the help of Keen 4 Green environmental youth group, Friends of Old Trafford, Trafford Asian Women's Network, ACE women's group and many other volunteers.

The meadow has been a big hit with park users of all ages - and the wildlife! Local children have also been involved in making bird and bat boxes, which hang in the trees, proudly displaying the young people's names.

The park has already won the Action for Nature Award taking the

*In bloom: Hullard Park*



best in the silver merit category and £100 garden centre vouchers.

Blind and visually impaired visitors to the park will have the use of a tactile map, in Braille, with large print with icons. This has been produced with support from Henshaws Society for the Blind.

Further plans are to improve the football pitch, play area and create an educational pond area as well as bring the park to life with events and activities such as health walks.

There are also plans to form a Friends of Hullard Park group that wishes to involve people from all walks of life from Old Trafford.

If you'd like to get involved please contact Sasha Essuah-Mensah on 0161 912 5597.

## LOOK OUT FOR THESE EVENTS!

>> Old Trafford Party in the Park on Saturday July 8 from 1pm to 6pm in Seymour Park

>> Bloomin Potty day in Hullard Park on Wed June 3 – an opportunity to decorate a plant pot using recyclable materials. Prizes for best designs. More details on noticeboards soon.

>> Older Peoples Event on Wed June 28 12pm to 3pm. Bowls, refreshments, stalls and more.

>> Programme of Health Walks coming soon. Keep an eye on the park noticeboards for further details.

# Trafford in Bloom Challenge

Whether you're a keen gardener or want to spruce up your area, residents, businesses and community groups are all being challenged to take up their trowels and enter the borough's environmental awards.

And their work could contribute to Trafford's continued success in the prestigious North West in Bloom competition.

Two new categories are being introduced in the awards. The 'Community Initiatives' category is for local community groups that have helped improve the quality and appearance of local environments.

The 'Best Residential Community Housing Scheme' will recognise the efforts

of those living in sheltered housing to improve the communal gardens.

Other categories include Best Hotel, Best Commercial Frontage, Best Pub/Restaurant, Best Front Garden, and Best Container Display.

"Whilst not everyone will be a winner the contribution they make will help to make Trafford a cleaner, greener place to live," said Mark Brazil the council's environmental co-ordinator.

"Last year Trafford scooped an impressive 13 awards, the highest given to any local authority in that year's competition, including 'Best Environmental Services in the North West.' This year we want everyone to help showcase Trafford as truly world class."

## Cleaner, greener Trafford



## Road safety and traffic calming

**S**chool pupils in Old Trafford are being given training on safer cycling as part of the boroughwide Safer Cycling Scheme from council experts. Courses are being held at St. Alphonsus Primary, Seymour Park Primary, St. Hildas Primary and Old Trafford Community Schools over the coming weeks for year 6 children. The course involves bike safety checks and on road training.

All these schools have pupils who are Junior Road Safety Officers. They, with the support of Trafford Council's road safety team, promote Road Safety within their schools, holding competitions and events to involve every age group in the school. They also encourage walking to school and cycling as healthy options.

Although there has been a slight reduction in the number of crashes involving cyclists in the Old Trafford area during 2005, it is hoped that the Trafford Safer Cycling Scheme will help to reduce them even more in 2006.

# Garden waste collection grows

Over 60,000 households are to benefit from the council's kerbside recycling scheme for garden waste when the collection service is extended to an extra 15,000 homes in Trafford in May.

First introduced last year to 30,000 households, the service has been so successful that an amazing 6,300 tonnes of garden waste has been collected over the last twelve months- that's equivalent in weight to 844 double decker buses!

The new green bins, delivered in May, should be used to dispose of grass cuttings, hedge clippings,



cut flowers and plants, leaves and bark, twigs and small branches. Collections are made all year round every fortnight. The day and date of collections are given in leaflets distributed with the bins and on calendars stuck to the lids of the bins when they are delivered

All the waste collected is

shredded at a Greater Manchester Waste centre at Sharston, South Manchester, and then taken to a number of farms in the North West to be composted, cutting the council's waste disposal bill and helping to meet the government's targets for recycling/composting.

Council Waste Manager Glenn Stuart said: "We want to encourage everyone to recycle and keep their waste as low as possible so that we can achieve our 30% recycling/composting target by 2010."

The council has pledged to provide garden waste bins to all properties with gardens in the borough as and when funds become available.

## Cleaner streets for Old Trafford

Streets in Old Trafford are getting cleaner with an improved streets and grounds maintenance service by the council's street scene maintenance team.

"This can only be good news for the people living in Old Trafford. We have only 11% of all our sites that are of an unacceptable level of cleanliness – exceeding the government target of 25% of sites below this standard between April and March last year," said Bernard

Sheridan the council's Head of Environmental Services.

"We want everyone to enjoy cleaner streets and we've worked closely with local people and our partners to develop an improved service."

The service is continuing to work hard in the area and welcomes any help or suggestions from the community.

If you would like to organise a local clean up in Old Trafford contact the team on 0161 912 5508.



**TRAFFORD**  
METROPOLITAN BOROUGH



# Be A Sport!

In this special eight-page pull out, we highlight just some of the health, fitness and sporting activities available in the Old Trafford area - or just a short bus or tram ride away. If you've ever fancied taking up a new sport, from cricket to karate to capoeira, you'll find all the information you need to get you started.

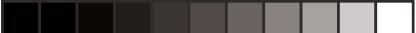
The activities cater for everyone from age 3 to 103, and from absolute beginners to international athletes.

There is something here for everyone. So grab your gym shoes, slip into your shorts, and we'll look forward to seeing you on the Olympic podium in a few years time.

*Photography: Sheryl Sophie Sleigh;  
David Esdaile; Anna McLaughlin;  
Jenny Avery; Ally Fogg*



These pages have been produced with support from Trafford PCT



## **Aerobics, Keep Fit and Exercise Classes**

### *Mixed classes*

Cardiac Exercise Class, Touchdown Exercise Class; Soca Aerobics  
OT Community Centre  
Shrewsbury Street  
0161 912 4657

Aerobics, Step, Aqua, Boxercise, Conditioning, Circuit Training  
Stretford Leisure Centre  
Greatstone Road  
0161 912 4800

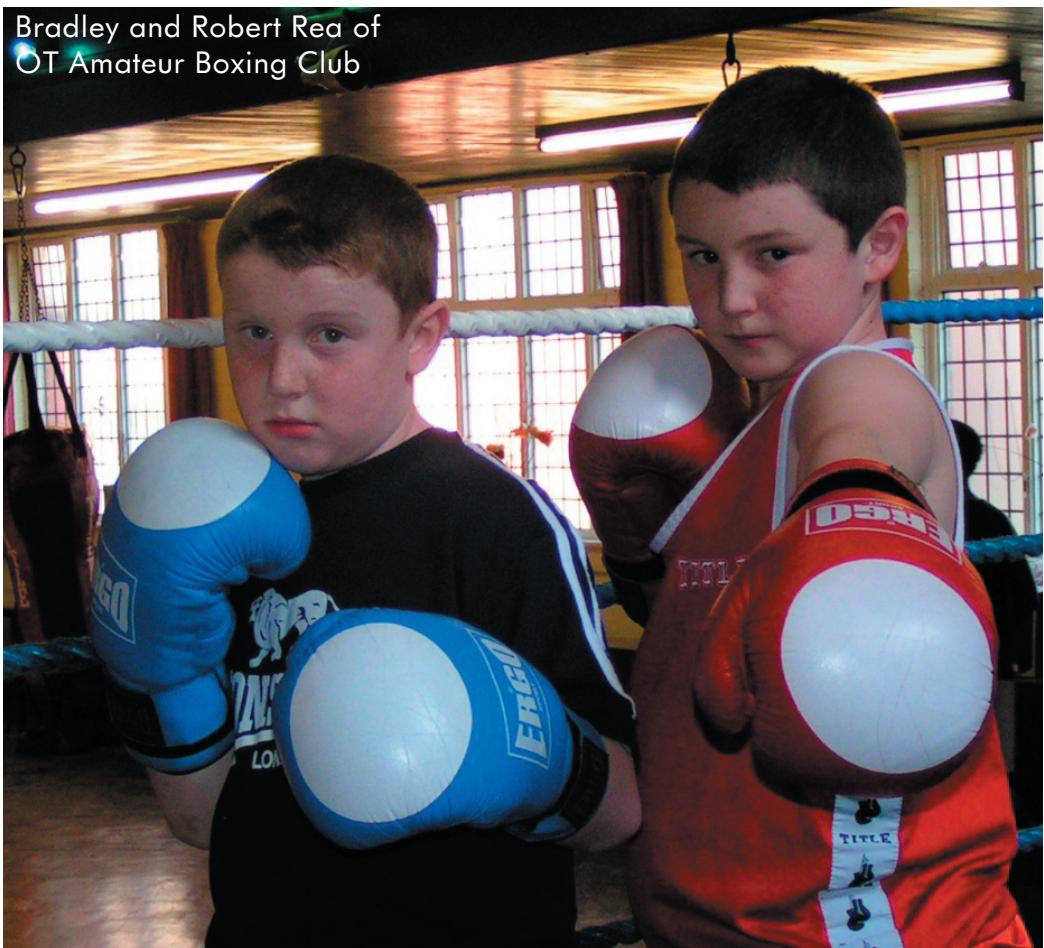
Aerobics; Kick Aerobics; Legs, Bums & Tums; Circuit Training; Step; Body Blast; Conditioning; Boxercise  
Moss Side Leisure Centre  
Moss Lane East  
Moss Side  
0161 226 5015

### *Women only*

Asian Exercise Class  
OT Community Centre  
Shrewsbury Street  
0161 912 4657

Ladies Keep Fit  
OT Community Centre  
Shrewsbury Street

Bradley and Robert Rea of  
OT Amateur Boxing Club



0161 912 4657

Keep Fit for women  
King's Road Scout Hut  
King's Road  
07947 438 322

Ladies Keep Fit  
St Johns Centre  
St John's Road  
0161 872 7795

### **Aikido**

Manchester Aikido Club  
St Matthews Community Centre  
Chester Road,  
Stretford  
0161 799 1442

### **American Football**

Old Bedians Sports Centre  
Millgate Lane, E. Didsbury  
0161 445 8862  
Bus: 23, Stretford Arndale – East Didsbury

### **Athletics**

Trafford Athletic Club  
Longford Park Stadium  
Ryebank Road  
0161 881 4488

Sale Harriers  
Crossford Bridge Athletics Ground  
Danefield Road  
Sale

Metrolink - Trafford Bar - Sale

**Badminton**  
St John's Centre  
St John's Road  
0161 872 7795

Moss Side Leisure Centre  
Moss Lane East  
Moss Side  
0161 226 5015

Nomads Badminton Club  
Stretford Leisure Centre  
Greatstone Road, Stretford  
07092 806177



## Basketball

Trafford Basketball Club  
Manor High School  
Manor Road, Sale  
07971 266 731  
Metrolink: Old Trafford – Sale

## Bowls

Old Trafford Bowling Club  
49a Talbot Road  
0161 872 2711

## Boxing

Old Trafford Boxing Club  
St Johns Hall,  
St John's Road  
07712 234601

## Boxing

Old Trafford Community Centre  
Shrewsbury Street  
0161 912 4657

## Canoeing

Salford Watersports Centre  
15 The Quays,  
Salford  
0161 877 7252  
Metrolink: Trafford Bar – Cornbrook – Salford Quays

## Capoeira

(see feature, p 23)  
St John's Hall  
St John's Road,  
Old Trafford  
07957 113 809

## Cricket

OT Cricket Club  
St Brides Playing Fields  
0161 224 2919

Stretford Cricket Club  
The Boundary, Lesley Road  
Stretford  
0161 865 0271

Trafford MV RFCC  
MacPherson Park  
Finneybank Road  
Sale  
0161 973 7061

Bus: 252 Chester Road – Ashton Lane, Sale

## Cycling

Seaman's Cycling Club  
221 Dane Road, Sale  
0161 282 7296  
Metrolink: Old Trafford – Sale

## Disabled sports

Athletics  
Sale Harriers  
Crossford Bridge Athletics Ground  
Danefield Road  
Sale  
0161 973 5559

Cricket (for children with visual impairment)  
Actionnaires Club  
Stretford Leisure Centre

In training: OTJFC





# UNCHAINED RHYTHM

## Sheryl Sophia Sleigh discovers an Afro-Brazilian sensation in the heart of the city

My curiosity and imagination had been fuelled by all I had heard about Capoeira. The martial art, developed initially by African slaves in Brazil, was originally a deadly sport where the participants, often with sharp blades strapped to their ankles, would swing their legs high in attacks, somersaulting and passing within a hairsbreadth of their opponent's knees, groin, head or stomach.

In modern times Capoeira shows glimpses of its violent history, but also incorporates elements of music, dance, spirituality and a sense of community among the participants. It is marked by deft, tricky movements which are often played on the ground or otherwise completely inverted. Rapidity and flexibility of movement are more important than sheer muscular strength.

There is a very strong acrobatic component in some of the versions and is always accompanied by music. In the

modern adaptation of the dance, the same quick and graceful movements are employed; usually two participants will face one another, emulating the blows and parries of "the fight" in time with the rhythms

### **Everyone was greeted with a kiss - me included**

of the berimbau, a musical bow. Music and song are integral to Capoeira. They set the tempo

and style of the game that is to be played.

One of the most surprising aspects of Capoeira is the warmth and friendliness of the group members. Everyone was greeted with a kiss - me included. I finally made my acquaintance with Georgia Calvin-Smith, the lady who seems to know everything there is to know about Capoeira. We chatted briefly and then the teacher, a lovely young man

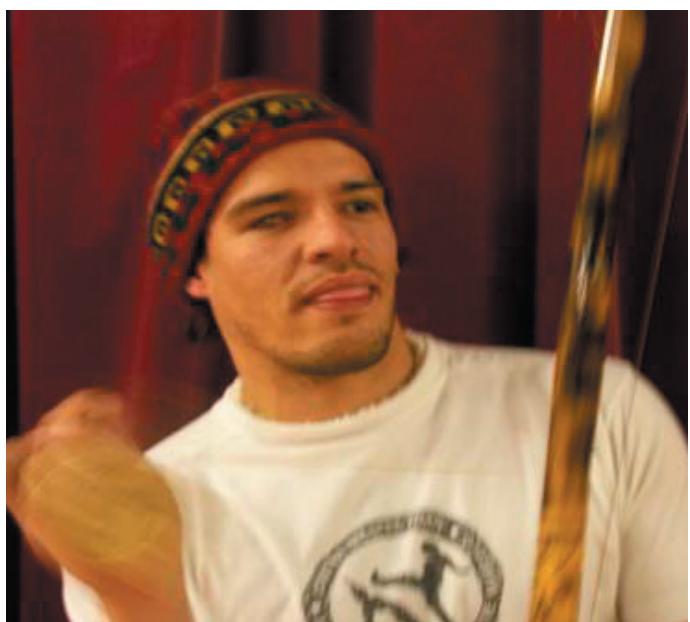
from Brazil arrived and everyone changed into matching white trousers and white t-shirts - and the game commenced.

You might initially think that the big sticks carried by the group members, are to beat off unsuspecting intruders, but soon everything falls into place. I love a challenge and I always thought that I was a very fit and active individual, but I felt quite humbled having witnessed the bends, tilts, slides, hops and other movements of these dancers. I never knew that the body had so many different muscles.

Capoeira promises as many delights as its native Brazil. It is a superb way of keeping fit and active, yet at the same time learning something new with such a historical background.

For those of us not fortunate enough to visit Brazil, this is a great place to start.

Why not try Capoeira, and you will soon be engaging at a natural and spiritual level with something quite extraordinary.





Greatstone Road  
07793 268041

Junior Football  
Manchester Sports  
Development Centre  
Denmark Road,  
Hulme

### Diving (sub aqua)

Manchester Diving  
Group  
Chorlton Leisure  
Centre  
Barlow Moor Road,  
Chorlton  
0161 881 9050  
Bus: 84, Trafford  
Bar – Chorlton Bus  
Station

### Diving (Olympic)

Manchester Aquatic  
Centre  
Booth Street,  
Manchester  
0161 275 9450  
Bus: 263, Stretford  
Road – Oxford Road

### Equestrian (Horse Riding)

Bucklow Trafford  
Riding Club  
24 Derbyshire  
Crescent  
Stretford  
0161 283 3067

### Fencing

Trafford Sword Club  
George Carnall  
Leisure Centre  
Davyhulme

0161 718 1849  
Bus: 256, Chester  
Road – Lostock  
Road, Urmston

### Football

OTJFC Training  
Old Trafford  
Community Centre  
Shrewsbury Street  
0161 912 4657 or  
07961 521531

Hough End Griffins  
Soccer School /  
Training for  
boys & girls under 9  
Hough End Police  
Centre, Chorlton  
07727 294021 or  
07786 683571

### Football

(Five a side)  
Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015

Stretford Leisure  
Centre  
Greatstone Road  
0161 912 4800

### Golf

William Wroe Golf  
Club  
Penny Bridge Lane,  
Flixton  
0161 748 8680  
Bus: 256, Stretford Rd  
– Moorside Rd

### Gymnastics

Trafford School of  
Gymnastics  
Walton Park  
Recreation Centre,  
Raglan Road, Sale  
0161-962 0603  
Metrolink: Old  
Trafford – Sale

### Gymnasium

Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015

### Hockey

Sale Sports Club  
Clarendon Crescent  
Sale  
0161 973 7250  
Metrolink: Old  
Trafford – Sale

### Judo

Urmston Judo Club  
George Carnall  
Leisure Centre,  
Kingsway Park  
Urmston  
07714 248 790  
Bus: 256, Chester  
Road – Lostock  
Road, Urmston

### Karate

Chorlton Leisure  
Centre  
Barlow Moor Road,  
Chorlton  
0161 881 9050  
Bus: 84, Trafford Bar  
– Chorlton

### Kick Boxing

OT Community  
Centre  
Shrewsbury Street  
07957 267 662

Sale West Kick  
Boxing Club  
Sale West Youth  
Centre  
Newbury Avenue,  
Sale West  
0161 962 6585  
Bus: Chester Road  
– Firstway

### Lawn Tennis

Brooklands Sports  
Club  
Georges Road Sale  
0161 972 8999  
Metrolink: Trafford  
Bar – Brooklands

Darley Tennis Club  
Wood Road North  
Old Trafford  
0161 881 3203

Sale Tennis Club  
Clarendon  
Crescent, Sale  
0161 973 7250  
Metrolink: Old  
Trafford – Sale

### Netball

Trafford MV RFCC  
MacPherson Park  
Finneybank Road  
Sale  
0161 973 7061  
Bus: 252 Chester  
Road – Ashton Lane,  
Sale



Flava Netball Club  
(Juniors)  
Moss Side  
Millennium  
Powerhouse  
Raby Street, Moss  
Side  
Bus: 15, King St  
- Moss Lane East

**Qi-gong**  
Quality of Life ses-  
sions for women  
Zion Community Re-  
source  
0161 445-0216

Qi-gong for Health  
Kath Locke Centre  
Mon 4.30-5.30pm  
Tel:-0161 445-0216

**Roller Blading**  
Screamin Wheels  
5 Woodruff Walk  
Partington  
0161 775 3371  
Bus: 255, Chester  
Road - Manchester  
New Road,  
Partington

**Roller Hockey**  
Screamin Wheels  
5 Woodruff Walk  
Partington  
0161 775 3371  
Bus: 255, Chester  
Road - Manchester  
New Road,  
Partington

**Rowing**  
Salford Watersports  
Centre  
15 The Quays,  
Salford  
0161 877 7252  
Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

Trafford Watersports  
Centre  
Rifle Road  
Sale  
No public transport

**Rugby Union**  
Trafford MV RFCC  
MacPherson Park  
Finneybank Road  
Sale  
0161 973 7061

Bus: 252 Chester  
Road – Ashton Lane,  
Sale

**Sailing**  
Salford Watersports  
Centre  
15 The Quays,  
Salford

0161 877 7252  
Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

Trafford Watersports  
Centre  
Rifle Road  
Sale  
No public transport

**Skateboarding**  
Screamin Wheels  
5 Woodruff Walk

# How **fresh** can you get?

Allotment gardening is good for you - in more ways than one.

by Eddie Kelson.

You can't get any fresher than when you grow your own fruit and vegetables. From picking to table can be a matter of minutes - or seconds if you pop it straight in your mouth. So what are the benefits of growing your own? First there's the taste. Eating berries you have just picked is mouth-wateringly delicious. Peas straight from the pod are really sweet. Anything you cook that

you have grown yourself is going to be that much more tasty. Organic food is really in these days - just ask Prince Charles. Coming from your own 'market garden' you get all those healthy vitamins with less hit on your pocket. You really can live like a prince. The other real health benefit of gardening is the exercise you can get from all that digging, hoeing and carrying. Losing an

inch or two off your waist is a real possibility, not to mention the benefits to your heart of all that exercise and fresh air. Gardening is also good for relieving stress and anxiety - working on your plot can be very therapeutic.



Not enough room in your garden? Well get an allotment if you can. They are much in demand, so you may have to go on a waiting list. It will be worth the wait.

*To enquire about allotments in Trafford call 0161 912 5410*



Partington  
0161 775 3371  
Bus: 255, Chester  
Road - Manchester  
New Road,  
Partington

**Softball**  
Trafford MV RFCC  
MacPherson Park  
Finneybank Road  
Sale  
0161 973 7061  
Bus: 252 Chester  
Road - Ashton Lane,  
Sale

**Tai Chi**  
ShiZhen House, 67  
Ayres Road,  
Old Trafford,  
Manchester M16  
9NH.  
0771-078 7730

**Sailing and Yachting**  
Salford Watersports  
Centre  
15 The Quays,  
Salford  
0161 877 7252  
Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

**Squash**  
Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015  
Stretford Leisure  
Centre  
Greatstone Road  
0161 912 4800

**Swimming**  
Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015

Stretford Leisure  
Centre  
Greatstone Road  
0161 912 4800

**Table Tennis**  
St John's Centre  
St John's Road  
0161 872 7795

Stretford Leisure  
Centre  
Greatstone Road  
0161 912 4800

Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015

**Trampolining**  
Trafford Trampoline  
Club. George Carnell  
Leisure Centre.  
Urmston  
0161 747 3964  
Bus: 256, Chester  
Road - Lostock  
Road, Urmston

**Volleyball**  
Stretford Leisure  
Centre  
Greatstone Road  
Stretford

Moss Side Leisure  
Centre  
Moss Lane East  
Moss Side  
0161 226 5015

**Water Skiing**  
Salford Watersports  
Centre  
15 The Quays,  
Salford  
0161 877 7252

Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

Trafford Watersports  
Centre  
Rifle Road  
Sale  
No public transport

**Windsurfing**  
Salford Watersports  
Centre  
15 The Quays,  
Salford  
0161 877 7252

Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

Trafford Watersports  
Centre  
Rifle Road  
Sale  
No public transport

**Yachting**  
Salford Watersports  
Centre  
15 The Quays,  
Salford

0161 877 7252  
Metrolink: Trafford  
Bar - Cornbrook  
- Salford Quays

Trafford Watersports  
Centre  
Rifle Road  
Sale  
No public transport

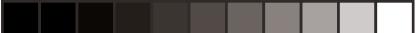
**Yoga**  
(See feature p28)  
St John's Centre  
St John's Road  
0161 872 7795

Zion Centre  
Stretford Road  
Hulme  
0161 445-0216

Know of a sports  
club we've missed?  
Let us know and  
we'll add it to our  
regular listings.

0161 872 7795  
otn@hotmail.co.uk

OTN  
St John's Centre  
St John's Road.  
Old Trafford  
Manchester  
M16 7GX



# STEPPING OFF THE TREADMILL

**Joe Rose** explores the many benefits of Yoga

Photography by **Jenny Avery**

**T**here must be a way to get fit, lose weight, ease aching bones and relieve stress without spending punishing and painful hours in the gym covered in sweat glued to MTV. Well there is!

Yoga has been practised in Eastern cultures for about 5,000 years and has become increasingly popular in Western society since the 1960's. The word yoga means, "to bring together or merge" – as in joining the mind and body into a single unit. Yoga creates strength, awareness, and harmony in both the mind and body. Rachel Plaskitt, a yoga teacher at central Manchester's Yoga Shala describes it as a "Complete system of exercise and relaxation which helps the individual to be responsible for their own health"

Most yoga sessions consist of breathing exercises, meditation,



and postures (sometimes called poses or asana) that stretch and flex various muscle groups. The exercises are a series of slow, gentle and painless stretches that gradually increase in complexity as the student becomes stronger and more flexible.

By balancing the different systems of the body yoga postures help to improve general

wellbeing and increase the flow of energy around the body. By slowing down the mental activity, and by gently stretching the body and massaging the internal organs, yoga creates a climate of dynamic peacefulness within. As Darren Edwards, a yoga teacher at Manchester's Buddhist Centre explains:

"I feel that yoga practice is a perfect way to step off life's treadmill of plans and high expectations for a while and simply enjoy the experience of life unfolding from one moment to the next, just as a child would. As I then engage once more with the everyday world, I find that the qualities of relaxation, stability and openness stay with me."

Yoga produces many health benefits: improves

flexibility; strengthens and tones muscles; increases stamina; improves energy levels and concentration; improves digestion and elimination; boosts immune system; increases circulation; relieves muscle strain and back pain; relaxes the mind and body

People of all ages can do yoga, and the asanas can be adapted for people with disabilities or special needs.

Although yoga is an excellent form of self-help therapy, you would be well advised to begin by attending a course of classes run by a qualified teacher.

So why not unlearn the habits of a lifetime and let your body flow the way it's designed to? I bet you feel more relaxed just reading this. Imagine how you could feel if you actually did it!



# OLD TRAFFORD AMATEUR BOXING CLUB

PRESENTS... AN EVENING OF AMATEUR BOXING



**SAT. 27.05.06**  
7.30pm

**GEORGE H CARNALL LEISURE CENTRE**

KINGSWAY PARK, DAVY HULME, MANCHESTER M41 7FJ (LICENCED BAR)

**18 RINGSIDE • 15 STANDS**

TICKETS AVAILABLE FROM

**KEVIN WILLIAMS 07712 234 601**

or from the club during sessions:

ST JOHN'S CHURCH HALL, ST JOHN'S ROAD, OLD TRAFFORD M16 7GX  
MONDAY AND THURSDAY 6 – 9 PM AND SATURDAY 10.30AM – 12PM



# An idea is *hatched*

**What are birth centres, and do we really need one in Old Trafford? As the powers that be decide, we visit Stockport's birth centre to find out what may be coming our way.**

**by Anna McLaughlin.**

Even though I lived in Manchester at the time of my pregnancy, I chose Trafford General Maternity Unit for the birth of my baby, as I had previous care there, it suited my needs and it was quite a modern building. The staff were friendly, the hospital was clean and tidy and the birthing suite had a massage chair and an en-suite. It will be sad to see it go.

But if we are to lose maternity services in Trafford, what will we get in their place? I visited Stepping Hill to get some idea of what the future may hold for expectant mums in Trafford. I don't remember Trafford General offering many beanbags, giant bouncy balls and birthing pools, but they're the first thing you notice here. That, and the size – or lack of it. The rooms are surprisingly small. I spoke to Debbie



Garrod who is consultant Midwife in public health for the women's unit based in Stockport:

'Sometimes when people see the Birth Centre before they have their baby they think they're really small,' she agrees. 'They are on the small side, but women in labour naturally choose to be in smaller spaces because they feel safer and the feedback after they have had the baby is always that the room has felt just right.'

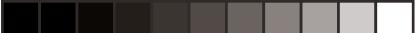
The fundamental difference between a Birth Centre and a normal Maternity Unit is that the Birth Centre is solely run by midwives – there

are no doctors or any major clinical interventions at all. The Birthing Centre prides itself on providing the expectant mother a comfortable and relaxing experience with a low key and homely atmosphere.

'I am sure if parents knew what a Birth Centre was and knew it was a good option for those women who are healthy and have a straightforward pregnancy, then they would grow in popularity. For healthy women with a normal pregnancy and straightforward labour, midwives are the professionals who are in place for them.'

So what are the advantages of Birth Centres?

'If women are in a relaxed environment, it can help their labour to proceed more smoothly. They also have higher levels of endorphins which are nature's natural pain relief. We try to create an



atmosphere that is peaceful and calming to help women labour well.'

And the disadvantages?

'The disadvantages of the Birth Centre are in terms of pain relief. We don't offer an epidural service within the Birth Centres, so if a woman in labour decides she wants to have an epidural she will need to go to a delivery suite. Apart from that, the options for pain relief are the same. We find we are not using pethidine very often because women are not needing it. The environment is more relaxed and conducive to using your own natural resources.'

Birth Centres are only



recommended for those described as low risk women - women who are healthy and have no other medical problems before the pregnancy starts, and have straightforward healthy pregnancy..

'The Birth Centre is ideal for women like that who don't have any problems at all,' Debbie adds. 'If during the pregnancy a woman develops problems she might be referred to an obstetrician - that's a doctor who specialises in pregnancy problems - for advice and treatment. If the problem is resolved then she can come back to midwife care and have her baby at the Birth Centre.'

Of course the most important judges of any medical care are the patients - so how do the mothers react?

'The feedback we have had from parents has been really, really positive. We have got a comments book where parents can write about their experiences and they have written some really nice things. Parents comment on things like the atmosphere in the Birth Centre that it feels very calm, relaxed and welcoming. They also say the staff are really supportive and have had a good experience of having their baby there.'

If we are going to lose the maternity unit in Trafford I think it would be a good idea to have some form of maternity care such as a Birthing Centre in the area so expectant mothers do not feel abandoned.

Mothers in Trafford deserve nothing less than the best.





# SPORTS NEWS

## OLD TRAFFORD FOOTBALL CLUB

At the time of press OTJFC 1ST team are vying for promotion to the premier league of the Lancashire and Cheshire league. They currently stand third in the league and if they win their last two league games they may gain the much desired promotion. They are also in the final of the Rhodes Cup against Heaton Mersey at Trafford Football Club Urmston on the 12th May kick off 7:00pm. Team sponsors are Trafford Housing Trust.

Meanwhile the 2nd eleven are also pressing for promotion, standing currently in fourth place with three games to go. Let's hope they maintain their impressive early season form. Team sponsors

are Bottletops off license. (pictured)

The under 11's have gallantly pressed on in the Reddish and District league despite not winning one game all season. It's the participation that counts not the winning or losing, according to Chairman John Bailes. Star man has been Tyler Ferguson attracting a host of scouts to recent games.

The OTJFC summer soccer programme runs from 26th July-27th August so get your kids booked in early because of great demand for a restricted number of places. Once again MUFC coaches will be delivering their special coaching sessions



## KICKBOXING

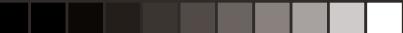
**Manager Michael Embrack was over the moon with the recent exhibition (April) at St. Johns Hall. Over 300 people attended to watch exhibitions from local people against gyms as far afield as Wigan and Bolton.**

## OLD TRAFFORD CRICKET CLUB

Manager Ismael Nagdee hopes to win the 2006 league and repeat the efforts of last season. This season kicks off on the 6th May for the Greater Manchester Amateur Cricket league.

Stagecoach who play on a Wednesday afternoon in the Manchester league are on the look out for new players to maintain the league trophy that they won last season, so anybody interested get in touch with manager Covely Newall on the number in the sports index.

[otn@hotmail.co.uk](mailto:otn@hotmail.co.uk)



"since attending the Neighbourhood Learning computer course I have learned several things about the computer including printing pictures, word art, using the internet, ebay and finding different sites" - JB - a Traveller

Neighbourhood Learning Development Officers can help groups and residents make positive changes to their community, develop skills, support them with training, support with setting up a new group or advise on applying for funding.

Neighbourhood Learning is all about communities tackling their own issues, making their own decisions

## TRAFFORD NEIGHBOURHOOD LEARNING DEVELOPMENT

**TRAFFORD**  
METROPOLITAN BOROUGH

and being in control of finding solutions.

In recent months, Trafford's Neighbourhood Learning Development Officers, Raphael Wray and Beth Harker have helped a wide range of residents and community groups, including setting up a computer training course in Carrington and Partington for a group of Travellers and the wider community, assisting a mental health project to develop their own newsletter

and website, and helping a Broomwood Gardening Group to successfully apply for a £500 B&Q Grant

Through the use of the Neighbourhood Learning Development Community Fund the two workers have helped to develop learning centres by providing computers, laptops, projectors, gardening equipment and a portable hearing loop system for deaf and hearing impaired learners

So far NLDC has provided funding of £21000 to eight

"I don't think that anything would make the sessions better, they're great just the way they are".  
JB

community and voluntary groups with money from its own capital funds, though this will not be available next year. However we will continue to direct groups to other suitable pots of funding and agencies.

If you'd like to benefit from the opportunities on offer, please telephone:  
**0161 912 4123.**

"Each week you learn something new - but also go back to what we did the week before hence keeping it in mind".  
KB - a Traveller.



## SEYMORE PARK COMMUNITY LEARNING CENTRE IS...

### YOUR COMMUNITY CENTRE!

Classes and activities include:  
Digital Photography... Coffee Mornings...  
GCSE Arabic... Arts & Crafts.... Self improvement...  
Toddler gym.... Computing... ESOL... Parenting...

And coming soon...  
Family Robotics... Keeping Up With the Children...  
Early Start Communication... Basic Numeracy...  
Capoeira... Thai Boxing... Keep Fit and much more

Northumberland Rd / Ayres Rd - it's beside the school but everyone's welcome.

For more info call Jacqui McLean on  
**0161 872 1150.**

**Hall hire available for functions**



# Singin' The blueSCI

## Iveren Yongo visits a ground-breaking music project in the heart of Old Trafford

In the depths of Broome House in Old Trafford, the sound of synthesized instruments mixed with a Latin drum beat bursts out of the purpose-designed recording studio. The sound is like nothing I've ever heard - a kind of Nineties dance meets Cuba, meets Louis Armstrong. A strange combination but very easy on the ear and the hips - I couldn't help moving to the beat a little!

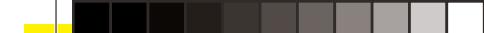
You'd be forgiven for thinking this - or any other track produced here - was mixed by established DJs. But Broome House is in fact home to blueSCI, a support service for Trafford residents with emotional or psychological support needs. In recent weeks, acclaimed musician, producer and composer Andrew Hodson has been running regular music workshops here, tailored

to train up service-users in sound engineering and music recording as well as polishing the musical talent and skills they already possess. As Stuart Webster, blueSCI's Director says, "We don't apologise for the quality."

The music produced and recorded at Broome House explores dance, house, garage and drum n bass musical styles, altering and digitising sounds to create music with a twist. One of the regular participants at the workshop sessions, Tommy Lacey, told me all about his experience of the studio recording sessions.

"I was a professional entertainer before I had a brain haemorrhage in 1972. This left me disabled. It changed my whole life because music was everything to me. I had to relearn everything - eating, walking, speaking, everything. When I come to the sessions, it's like a new lease of life. A door





Right: Andrew Hodson  
Below left: Tommy Lacey  
(Photo: Iveren Yongo)



has been opened for me that I thought was closed forever."

Tom has been through the entire sphere - experiencing disability first-hand, but also working with other disabled people - this is something he is good at and aims to continue doing.

The studio sessions in Old Trafford have led to a number of collaborative projects, the most recent being with John Condy, another regular participant at the Broome House studio sessions and a keen guitarist, who has been commissioned to compose and create some music for Touchdown Dance, a group of dancers who will be performing at the Lowry Centre in July.

This is the third project of

its type that Andrew Hodson has led, following successful efforts in Salford and in Bolton. The latter led to a CD "In Your Heart You Will Find Your Dreams" which was acclaimed by critics. Participants at Royal Bolton Hospital's Mental Health Unit provided 'found sounds' in a series of workshops which Andrew then produced and compiled to form the eclectic collection of soundtracks on the album.

Between these projects, Andrew has also found time to put together the Matinee Orchestra, his first commercially available album created by an international band with sounds from Spain, Taiwan, Scotland and England;

and laced with collaborations with Peter and David Brewis of luminous indie pop outfit Field Music, various members of the Kathryn Williams band and Paul Smith of rockers Maximo Park.

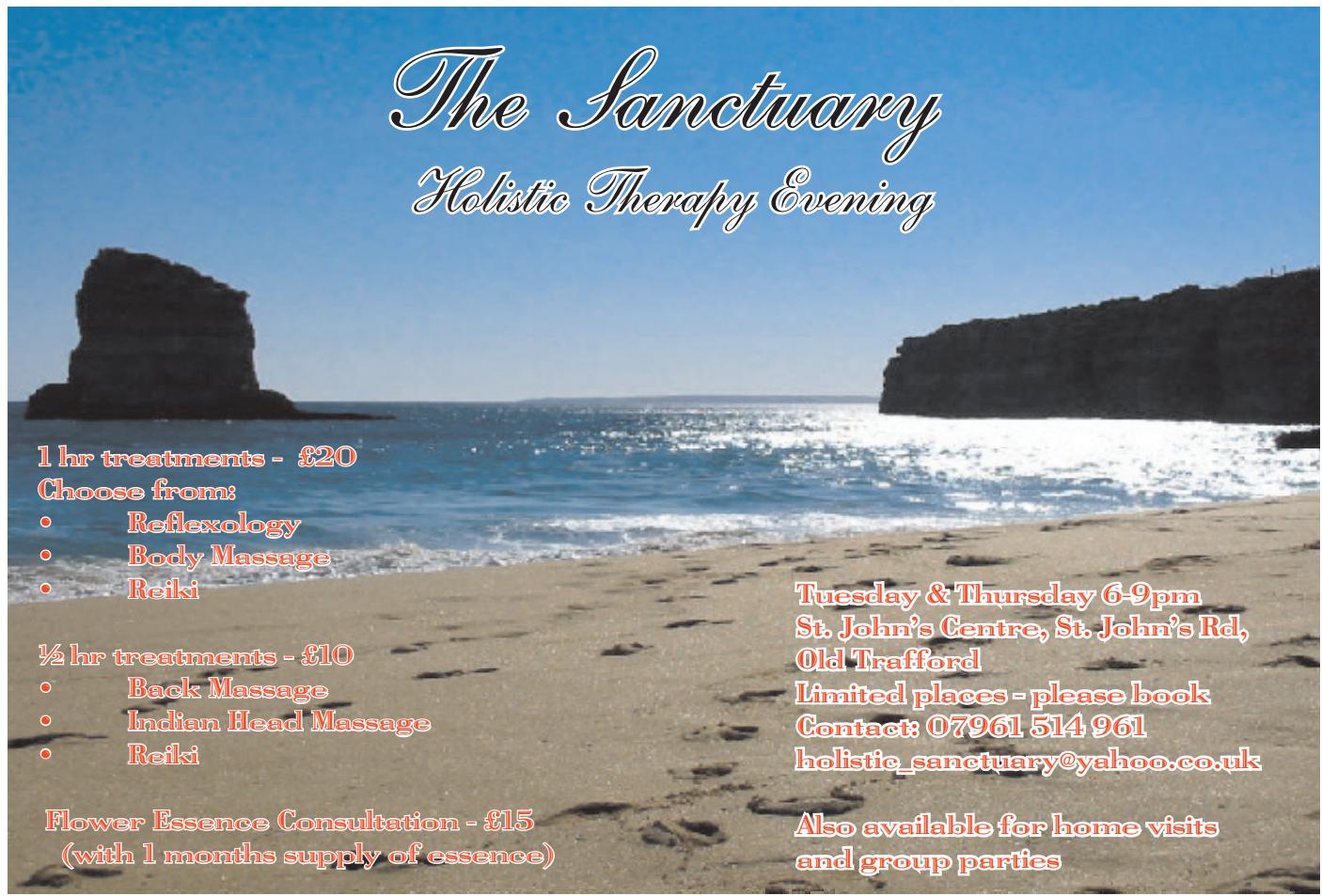
Andy says his work with disabled and people with mental health issues is something he just loves to do. Music has always been a central part of many lives. The music created and produced at the Broome House studio sessions is more than that - it is bringing a new outlook to the lives of the people who create it, regardless of disability.

To contact blueSCI call:  
0161 912 4828  
[www.bluesci.org.uk](http://www.bluesci.org.uk)



# The Sanctuary

## Holistic Therapy Evening



**1 hr treatments - £20**

**Choose from:**

- **Reflexology**
- **Body Massage**
- **Reiki**

**½ hr treatments - £10**

- **Back Massage**
- **Indian Head Massage**
- **Reiki**

**Flower Essence Consultation - £15**  
(with 1 months supply of essence)

**Tuesday & Thursday 6-9pm**  
**St. John's Centre, St. John's Rd,**  
**Old Trafford**

**Limited places - please book**  
**Contact: 07961 514 961**  
**holistic\_sanctuary@yahoo.co.uk**

**Also available for home visits**  
**and group parties**

اولڈ سانکٹری فرڈ کی خبر

اولڈ سانکٹری کے رہنے والے خوش ہیں ابھر کوئی گورنمنٹ نہ  
لگھے پا رہا ہے اسی میں اس ایریہ کی بڑی کمی ہے  
3-7 میلین کی رخصم دینے کا اعلان ہے یہ  
یہ رخصم سنت اپنے اسٹرڈنگر کمبوینیشن کی صفائی سے اُنہیں  
ہے۔ جو علاقوں کی بڑی۔ اسی خلافت۔ اسکے بیٹے  
کام کرنے والوں اور اسیتے گروپوں میں بھیر تھوڑا کے  
کام کر رہے ہیں یہ فریغ کی مانگ ہے۔

اولڈ سانکٹری کا درجہ ٹرنسٹ نے ایک ایسی ملکیت کی علیحدہ  
ملک میں بونے کی سکیم اس کمبوینیشن کی بڑی  
کمی کیلی ہے۔

اولڈ سانکٹری کی سالانہ نظریہ پانچ ہزار دوسری  
اس سال سبق کے دن 8 جولائی کو منایا جائے  
گا۔ یہ میلہ 8000 میں پہلی بار منایا گی۔ جس  
میں اس کمبوینیشن کے 8000 لوگوں نے شرکت  
کی۔

اس میں میں حصہ لیتے ہیں میں کچھ منقاوون ہو  
فرودت سے جن ڈاپسز، گلف کار یا مویسیکار شاپلے ہوں

اگر اپنے اس میں حصہ لینا پا سکتے ہیں تو میں کے  
اٹھ میں پا جوں کے شروع تک ہیں اپنا نام  
دے دیں۔ مزیر تفصیلات کیلئے اس بڑی برف  
کریک 07963557105

اپنے اب بھی کو پارک میں کھیلوں کے بیٹے ہی  
سوئین میں گئیں اس کے بیٹے سا جھپٹریونا ہیں  
اور پارک کے بیٹے ماری ماری کر رہے ہیں۔ اُنہیں اور  
FC کے تھاول سے جو سپورٹس ڈم بھی  
ہے اس میں میں میں کھیلوں انہوں کھیلوں کے  
بیٹے ہی ہی ہیں اسکے علاوہ فٹ بال۔ بیلڈ میں  
کوکن اور باسکٹ بال بھی ہیں۔



# 4 Weeks of Culture: Wordfest

# Women who Dare

## Two free WOMEN ONLY poetry workshops with Shamshad Khan

Wed 5th July and 12th July 1pm – 3pm

Do you dare? Internationally acclaimed poet and performer Shamshad Khan presents two workshops drawing on women “who dared”. Using music, photo images and nature to get to the heart of what it means to be a woman. The workshops will encourage you to create poetry using the language of love and fearlessness.

By the end of the sessions you will have

- had a go at writing a poem
- read out/Performed to each other
- explored your identity as a woman
- shared information on women's achievements

There will also be an opportunity to perform work created in the workshop

Suitable for beginners and more experienced writers.

St John's Centre, St John's Road, Old Trafford, Manchester M16 7GX.

FREE crèche available. Limited places.

To book your place and more information contact: Diana Ashcroft

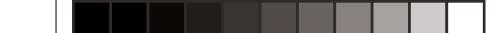
Email: Diana.ashcroft@trafford.gov.uk tel: 0161 912 4799

## اولیہ لٹریفورڈ کی خبریں

## Old Trafford News in Urdu

Old Trafford News is committed to serving the whole community of Old Trafford, whatever their ethnic origin or language. If you have problems with written English and would like to know more about the contents of Old Trafford News, or if you would like to submit community news in your own first language to our next edition, please call Ally on 0161 872 7795, email [otn@hotmail.co.uk](mailto:otn@hotmail.co.uk) or come to see us at St John's Centre, St John's Road, Old Trafford.

This edition's news in Urdu was prepared and translated by Asifa Ahmed. If you would like an English translation please get in touch.



Saturday 5th August 2006

Jamaica Society  
Independence  
DINNER AND DANCE

EVERYONE  
WELCOME

Including  
Young Achievers Recognition award

Celebrating 44 years of  
independence at New  
Century House, Manchester.

Music by DJ Lascelles  
(playin the best in soul,  
dance, reggae, soca)

Tickets £40 per head

Time: 6.45  
Rum punch reception  
Dine at 7.30pm prompt  
(late arrivals will not be  
catered for)

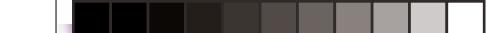
TICKETS AVAILABLE FROM

CHARLIE: 07799 847312  
JACKIE: 07932 842376  
JOY: 07951 207492

OR FOR FURTHER INFORMATION EMAIL: [jackiemcneish@yahoo.co.uk](mailto:jackiemcneish@yahoo.co.uk)

DRESS CODE: FORMAL

Last purchase date for tickets: July 22nd 2006



# 7UP!<sup>TM</sup> IN BLOOM!



## CAN YOU SPOT THE DIFFERENCES?



There are five of them in the picture above.  
Circle them and return this page to win the DVD below!



*The fantastic family adventure Zathura is released on June 26th to rent or buy - RRP £19.99 but you can win it FREEEEEEEEE!*

send to: OTN, St John's Centre, St John's Rd, Old Trafford, M16 7GX by Monday June 26th 2006

**CAN YOU BAFFLE YOUR FRIENDS AND FAMILY?**  
Set our next 7+Up competition and win the DVD below. Whether it's a word-search, a quiz, a join-the-dots or any other type of game you fancy, the best one wins this cracking

**PRIIZE**

Your name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_

FUN 4 KIDZ

FUN 4 KIDZ

FUN 4 KIDZ

FUN 4 KIDZ



# Dear OTN...

## AN MP WRITES...

Dear OTN,

I've just read the new edition of Old Trafford News and wanted to say to all the contributors and editorial team what a great job you've done. It's lively, interesting, attractive and informative - and most importantly is *by* residents and *for* residents. At the same time it's a great showcase for all the talented, committed people doing excellent work in our area.

I feel so proud of the Old Trafford community and it's great that the Old Trafford News project is helping to publicise all that's going on and bringing people in the community even closer together.

Beverley Hughes MP  
(Lab, Stretford & Urmston)

## NATION OF MISERS?

Dear OTN

Well done OTN for highlighting the tragic circumstances facing so many refugees and asylum seekers in Greater Manchester (Trafford's Hidden Homeless, February OTN).

It breaks my heart that this country can afford to waste billions on wars or ID cards, but when it comes to providing the bare essentials of life for some of the most damaged and vulnerable people in society, it seems we turn into a nation of misers.

A few years ago a family I knew were deported back to Zimbabwe after living many years in this country as lovely neighbours and law-abiding citizens who only wanted to work here and contribute to life and society. I received a couple of letters from them but I've heard nothing for a long time. I am terrified to think what might have

happened to them since.

If more people had the compassion and generosity of the Boaz Trust then maybe we'd all have a better country to live in.

Mrs G. McDonald  
Moss Side

We welcome your letters and emails on any subject, but to be published you must include a full name, postal address and daytime phone number.

Write to:  
Old Trafford News  
St John's Centre  
St John's Road  
Old Trafford, Mcr.  
M16 7GX  
or email:  
otn@hotmail.co.uk

## COMPETITION WINNERS - FEBRUARY '06

### The Cook's Book

The TV show with a local shop for local people is called The League of Gentlemen.

#### WINNER:

Donna Niman, Old Trafford

### RAW-T

The Manchester rapper who shares his name with a Muppet is Kermit

#### WINNER:

David Jackson, Hulme

### Stuart Little 3

Hidden words: FLOWERS, COLOURS, PARKS, CLUBS, GARDENS, GROUPS, SHOPS, LIBRARY; TREES. The scrambled words were OLD TRAFFORD, AYRES ROAD and SEYMOUR PARK.

WINNERS: Ayesha Ayub; Chloe Flynn

LETTERS

LETTERS

LETTERS

LETTERS

LETTERS



# OLD TRAFFORD COMMUNITY LISTINGS

If you know of any inaccuracies or omissions from these listings, please email [otn@hotmail.co.uk](mailto:otn@hotmail.co.uk)

compiled by Anna McLaughlin

WHAT'S ON

WHAT'S ON

WHAT'S ON

WHAT'S ON

## CHILDCARE

King's Road Family Centre  
Day Care:  
Tues, Wed, Thurs  
9-11.30am; 1-3pm  
Drop in: Mon, Fri  
9-11.30am  
Contact Val Gray on 0161 881-3571

OT Family Centre  
Day Care  
Children aged 2-5 years  
Mon – Fri 9-11.45am  
Drop in Sessions  
Mon, Tues & Thurs  
1-3pm (0-4yrs) – Term Time  
0-11yrs School Holidays  
Tel:-0161 226-1308

Park Play Group  
Mon/Tues/Thur & Fri  
8.30-12pm  
Wed 8.30-2pm  
OT Community Centre  
Tel:-0161 912-4657

Childminder Group  
Firswood Community Centre  
Thur 9-11.30am  
Tel:-0161 861-9042

Mother and Toddler Group  
Firswood Community Centre  
Wed 9.30-11.30am.  
Contact Geraldine 0161 861-9042

Parenting Skills  
Tues 9.30-12.30pm  
OT Community Centre  
Tel:-0161 912-4657

Parent/Carers Group  
Wed 1-3pm  
OT Family Centre  
Powell Street  
Tel:-0161 226-1308

Mum's and Bumps  
Mon 9-11am  
Children's Centre  
OT Community School  
Tel:-0161 912-4875

Drop in  
Tues/Wed & Thur  
Children Centre  
O/T Community School  
Tel:-0161 912-4875

Toddler Gym  
Tues 1-2.30pm  
Children Centre  
O/T Community School  
Tel:-0161 912-4875

Create your own radio show  
Thur 1st June '06  
Broome House  
Tel:-0161 912-4828

Insect Week  
Mersey Valley Visitor Centre  
Sale Water Park  
Safari 1-2pm  
Craft Activities 2-3pm  
Sunday 18th June '06  
Tel:-0161 905-1100

Refugee Week  
Saturday 17th-25th June '06  
Contact Hillary Wood  
0161 881-5639

Child Safety  
28th June '06, 2-4pm  
Children's Centre  
OT Community School  
Tel:-0161 912-4875

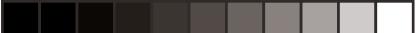
Starting a Business  
13th June '06  
11-5pm  
Waterside Arts Centre  
Sale  
Tel: 0161 912 1274/4057

Trafford Artists Network  
22nd June '06  
6.30-8pm  
Waterside Arts Centre  
Sale  
Tel: 0161 912 1274/4057

## EVENTS

Neighbourhood Roadshow  
Stretford Pageant, Longford Park  
Sat 24th June 11-3pm

Caribbean Carnival Manchester  
Alexandra Park  
19th-20th August '06  
Contact:- 07799 847312  
Volunteers needed



Filling in your Tax Return 20th June '06 Let's Go Global Tel:-0161 848-8437	Tune In Career in the Music Industry (16-25yrs Old) 22nd May 2006 5-10pm	Photoshop St John's Centre Thur 1-3pm Tel:-0161 872-7795	English for Speakers of Other Languages (Mixed)
Samba music workshops 24th April/8th & 15th May 2.30pm Broome House Tel:-0161 912-4828	Further details call Gorse Hill Youth Arts Centre on:- 0161 864-1745/912-5251	Dhol Drumming Mon 6pm-8pm OT Community Centre Tel:-0161 912-4657	Mon 1-3pm Wed 1-3 (Computers) St. Johns Centre Tel:-0161 872-7795
Richard Ashcroft Lancashire County Cricket Club Saturday 17th June '06 Tickets in person (cash)	Painting with Watercolours St John's Centre Mon 1-3pm Tel:-0161 872-7795	Old Trafford News Training in all aspects Contact Ally-0161 872-7795	OT Primary School Thur 9.15-11.15am
Foo Fighters Lancashire County Cricket Club Sunday 18th June '06 Tickets in person (cash)	Art Group Firswood Community Centre Fri 1-4pm Contact Silvia on 0161 718-7905	Women's Art Workshop Mon 10-12pm Broome House Contact Avril:- 0161 912-4828	Buddhist Temple, Stretford Road Mon 1-3pm Tel:-0161 886-7000
First Aid St. John's Centre Thur 29th June & 6th July '06 9.30-3pm Tel:-0161 872-7795	Computer Courses Wed 12.30-3pm King's Road School No crèche provided Contact	Arts Project Wed 10-12pm Broome House Contact Avril 0161 912-4828	English for Speakers of Other Languages (Women Only) Seymour Park Primary School Thur 9.15-11.15am
Party in the Park Seymour Park, Saturday 8th July '06	Computer Course OT Family Centre Mon 1-3pm Contact 0161 226-1308	Sugar Craft Firswood Community Centre Tues 9-12pm Thur 12-3pm Contact Barbra:-0161 747-6471	King's Road Primary Thur 1.15-3.15pm Tel:-0161 886-7000
Stretford Pageant Longford Park Saturday 24th June '06	Computers for Beginners St John's Centre Wed 10-12pm Tel:-0161 872-7795	German Craft 21st April 2-4pm (3wk) Broome House Contact Bettina 0161 912-4828	Faizan-e-Islam Mosque Tues 7-9pm
Let's Go Global Internet TV for OT www.superchannel.org Tel:-0161 848-8437	Computers for Intermediate St John's Centre Mon 10-12pm Tel:-0161 872-7795	Grow your own organic Vegetables Thur 10-12pm Broome House Contact Stuart/Alicia 0161 912-4828	OT Community Centre Tues 6.30-8.30pm Tel:-0161 886-7000
Trafford Community Radio Training on now Tel:-0161 864-4499			IT Training Hulme Community Computing Any Time Tel:-0161 445-0216



Learn Direct Mon/Tues/ Thur& Fri 9-4.45pm Wed 9am-12.30pm Saturday 10am- 12.30pm 1.15-3.45pm OT Library Tel:-0161 912-4651	WFA 8wk New Media Course 11th July-31st August '06 26th September-16th November '06 Tel:-0161 848-9782	Arts & Crafts with your children Seymour Park Primary School Tues 1-3pm Contact Jacqui 0161 872-1150	Credit Union St Johns Centre Tues 2.30 – 4.30pm St Ann's, Chester Road Thur 7.30 – 8.30pm Gorse Hill United Church, Chester Road Saturday 10-12 noon Addison House Addison Crescent Wed 10-12pm All Saints Church Barton Road Wed 6.30-7.30pm St. Hugh of Lincoln Glastonbury Road Saturday 10.30- 11.45am Shrewsbury St Centre Mon/Tues/Thur/Fri 10-12pm Main Office Shrewsbury Street Weekdays: 9.15-4.15pm Carol 0161 912-1536
Photoshop St John's Centre Wed 1-3pm Fri 1-3pm Tel:-0161 872-7795	WFA C & G 7500 level 3 / 4 Diploma in new media techniques Starts 26th Sept '06 Contact:-0161 848-9782	Digital Photography Mon 1-3pm Seymour Park Primary School Tel:-0161 912-1350	Computer Skills Wed 1-3pm Seymour Park Primary School Tel:-0161 912-1350
Sewing Group Mon 1-3pm St. John's Centre Tel:-0161 872-7795	Cooking Session Broome House Wed 12-1pm Tel:-07792- 368130	Jewellery Making Tues 1-3pm St. John's Centre Tel:-0161 872-7795	Guitar Jamming Tues 30th May '06 Bromoe House Contact Mark 0161 912- 4828
Internet Café Addison House Addison Crescent Old Trafford Tel:-0161 882-0824	Email/Internet Tues 10-12pm St. John's Centre Tel:-0161 872-7795	Basic Sign Language Starts 25/06/06 1-3pm St. John's Centre Tel:-0161 872-7795	Pulling Together Fri 5pm-8pm OT Community Centre Tel:-0161 912-4657
Flower Craft Thur 1-3pm St. John's Centre Tel:-0161 872-7795	Gardening Project Starts 12th or 13/06/06 St. John's Centre Tel:-0161 872-7795	Citizen Advice Bureau Addison Community House Tuess 10-4pm Tel:-0161 912- 3350 (appointment)	Trafford Benefit Advice Mon-Thur 9.30-12.30pm OT Library Tel:-0161 912-5038
Reflexology Fri 11.30-3.30pm St. John's Centre £5.00 min donation Tel:-0161 872-7795	Citizenship Starts 11/05/06 1-3pm St. John's Centre Tel:-0161 872-7795	Councillor Lloyd Surgery Addison Community House Mon 1-3pm Tel:-0161 882-0824	Trafford Housing Surgery Addison Community House Every 1st Wed of the month Tel:-0161 912-1528
Art Group Firswood Community Centre Fri 1-4pm Tel:-0161 747-6471			Trafford Career Next Step Addison Community House Tel:-0161 912-5153
Trafford Community Radio 106.2FM Training now on. Mary Seacole House Tel:-0161 864- 4499			

WHAT'S ON

WHAT'S ON

WHAT'S ON

WHAT'S ON



Repair Hotline Tel:-0800 389 7595	Anger Management Group Zion Centre	Old Trafford News Volunteers needed for all aspects. St. John's Centre	Zion Depression Group Zion Centre
District Nursing Seymour Grove Health Centre Centre Mon-Fri 2pm-3pm	Every 5 weeks Tel:-0161 226-5412	Contact Ally:- 0161 872-7795	Wed 3-5pm Tel:-0161 226-5412 Chorlton Depression Group Chorlton House, Chorlton
Community Nursing Seymour Grove Health Centre Wed 5-6pm	Anxiety Group Zion Centre Wed 1-3pm Tel:-0161 226-5412	Parents/Carers Group O/T Community Centre Crèche provided Wed 1-3pm	Mon 7-9pm Tel:-0161 226-5412
Manchester Spec. Midwifery Service Children's Unit Tel:-0161 226-6669	BPD Group (Carers) 12wk Basic Zion Centre Contact Caroline 0161 226-5412	Tel:-0161 226 -1308 Recycled Teenagers Over 50's Club Addison House Fris 11-1pm	Chorlton Eating Disorder Chorlton House Chorlton Mon 7-9pm Tel:-0161 226-5412
Citizen Advice OT Community Centre Mon & Wed 10-3pm (App) Tel:-8701 264094	Epilepsy Group Kath Locke Centre Tues 7-9pm Contact Caroline 0161 226-5412	Tel:-0161 882-0824 Friends of Old Trafford Last Thur of the Month 7-9pm OT Community Centre	Manchester Eating Issues Group Manchester University Tues 6.30-8.30pm Contact Caroline 0161 226-5412
Victim Support Service Tel:-0161 912-3238	Manchester Social Phobia Group Kath Lock Centre Tues 7-9pm Contact Caroline 0161 226-5412	Chit Chat Group OT Community Centre Tel:-0161 912-4657	Food and Mood Group Zion Centre Wed 11-1pm Tel:-0161 226-5412
Police (24hr) Tel:-0161 872-5050 Emergency Tel:-999 Community & Race Relations Officer Tel:-0161 856-7757	Men's Proactive Group Broome House Tues 11am Tel:-0161 912-4839	OT Liason Group 1st Fri of the month OT Community Centre 10-12pm Tel:-0161 912-4657	Self Assessment and Assertiveness Course Zion Centre Further info contact Caroline 0161 226-5412
Good Neighbour Unit Tel:-0161 912-4625	Old Trafford Asian Women's Group O/T Community Centre Tues 11.30-1.30pm Tel:-0161 226-5412	Step by Step The Self Help Group Broome House Wed 1-2.30pm Tel:-0161 912-4839	Social Skills Programme Zion Centre Further info contact Caroline 0161 226-5412
<b>GROUPS AND VOLUNTEERING</b>			
Acupuncture Service Zion Centre Wed 1-4pm Tel:-0161 226-5412	OT Family Centre Volunteers needed for Toy Library Craft Shop & Maintenance Tel:-0161 226-1308	Manchester Women's Survivors Group Chorlton House, Manchester Rd, Chorlton Tues 6-8pm Tel:-0161 226-5421	Alcoholic Group Zion Centre Thur 6-8pm Tel:-0161 226-5412
Alcohol Group Zion Centre Thur 6-8pm Tel:-0161 226-5412			Friends of Longford Park Meetings:- Sunday 21st May '06 Sunday 25th June '06 Contact:-0161 865-6030



WHAT'S ON

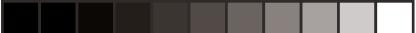
WHAT'S ON

WHAT'S ON

WHAT'S ON

Ace Women's Group (Asian) Addison House Tues 12.30-3.30pm Thur 10.30-3.30pm Tel:-0779 2368130	Women's Refugee Group Dash Venue Moss Side Contact Caroline on 0161 226-5412 Making it Work A Barnardo's Project Work placements & training Zion Centre Hulme Tel:-0161 226-5412	Slimmers World Mon 6pm-7pm King's Road School Tel:- Alexandra Park Health Walks Wed 1.30-2.30pm Meet at Alexandra/Cla- remont entrance.	Internet Café Addison Community House Tues 5-7pm 0161 882 0824 Keen 4 Green OT Youth Centre Call Ian or Rachel 0161 873-7182
Trafford Anxiety Group Cadman House Sale Thur 7-9pm Tel:-0161 226-5412	Health Advocacy & Res. Project Tel:-0161 226-9907	Alexandra Park 5K First Sunday of the Month 11.30am Tel:-Martin 0779 3538156	Rainbows age 5+(girls) Mon 5.15pm-6.15pm St. Hilda's School Rainbows Tues 5.30pm-6.30pm Firswood Community Centre Tel:-Joan on 283-1058
Emotional Freedom Techniques Zion Centre Contact Caroline Tel:-0161 226-5412	Manchester Drug Ser- vice Tel:-0161 226-5412	Brownies St John's Hall Wed 6-7pm	STEP Saturday School St John's Hall 8-14 years Saturday 11-2pm Tel:-0161 872-7795
Right 2 Unite Women's Support Group (Lesbian) Tues 6-8pm Zion Centre Hulme Contact Jenny on 0161 226-5412	Weight Management Drop-in Fri 11.30-2.30pm Contact Anna 0161 226- 5412	Brownies Mon 6.15-7.15pm St Hilda's School Brownies Tues 6.15-7.30pm Firswood community centre (Quadrant) Tel Kay on 865-5483	Tap Ballet Disco and Cheerleading Age 3+ Saturday 9.15-1.15pm Firswood Community Centre Tel:-Mary on 0161 283- 1058
Gay Men's Group Tues 6-8pm Zion Centre Hulme Contact Jazz on 0161 226-5412	Friends of Alexander Park Meet up last Tues of the Month Paul:-0161 226-7525	English/Maths lessons for children Sat 10pm-1pm OT Community Centre Tel:-0161 912-4657	Dance Class OT Community Centre 4.15-6.15pm Tel:-0161 912-4657
Self Harm Group Tues 6-8pm Zion Centre Contact Emma on 0161 226-5412	Community Nursing Well Women's clinic Seymour Grove Health Centre Wed 6.30-8.15pm Tel:-0161 872 5672	French Class for Children Thur 3.30pm-4.30pm OT Community Centre Tel:-0161 912-4657 Guides Tues 7.00pm-8.30pm Firswood Community centre Tel:- Adel 865-0182	Kids Art Club 5yrs Plus (1st & 3rd Sat. Waterside Arts Centre Tel:-0161 912-5616

## HEALTH



## WORSHIP

Mosque :  
Faizan e Islam  
229 Ayres Road  
Tel: 0161 877 4847  
Sikh Gurdwara:  
Sangat Bhatra Sikh  
Temple  
Upper Chorlton Road  
Tel: 0161 226 7233

Hindu Temple:  
Gita Bhavan Mandir.  
231 Withington Road,  
Whalley Range  
Tel: 0161 861 0606.

Churches:  
St Hilda's  
Corner of Kings Road /  
Warwick Rd South  
Tel:-0161 865-1802.  
Sunday

8.15am Communion  
9.45 am Main service  
St John's C of E Church  
Ayres Road,  
Sunday  
8.30am Communion  
Service  
10.00am Main Service  
Wed  
11am short service  
Third Wed of every  
month service held at  
Bath Crescent , Shel-  
tered Housing  
St Theresa's  
Firswood  
Tel:-0161 881-3558  
Sunday 10.30am Joint  
mass with St John's  
Church, Chorlton  
St Brides, Blair Street,  
Tel:-0161 226-6064

Main service Sunday  
10.30am  
Every 2nd & 4th Sunday,  
informal prayer & wor-  
ship, 7pm  
Sharon Church  
Chorlton Road  
Tel:- 0161 226-7334  
Sunday  
Main service 10.30am  
Evening service 6.30pm  
Mon  
7.30pm Bible study  
Fri  
7.45pm Prayer Service  
New Testament  
Church Of God  
Upper Chorlton Road  
Tel:-0161 226-6999  
Sunday School 10.15am  
– 11.15am  
Services 11.30 / 6.30

Every other Mon Prayer  
Meeting 7.45pm  
Alternate Mondays La-  
dies Group / Bible Study  
7.45pm  
Sat, Mens Fellowship  
7.30pm

St. Alphonsus Church  
Ayres Road  
Sunday 10.15am  
Tel:-0161 226-1730

Church of God of  
Prophesy  
Firswood Community  
Centre Sunday 10-1pm  
Tel: 0161 232-9207

Anything we've  
missed?  
otn@hotmail.co.uk  
or call 0161 872 7795

## ATTENTION LOCAL TRADERS & BUSINESSES

Don't you wish  
you could afford to  
advertise like your  
multinational rivals?

Old Trafford News lets you reach 15,000  
potential customers for a fraction of the cost  
of other media outlets.

call Ally on

0161 872 7795

and ask for our business advertising pack

## Looking for a job?

Think about working for your local council!

Find out about the latest vacancies at  
[www.trafford.gov.uk](http://www.trafford.gov.uk) or pop into our  
Trafford Direct One Stop Shop,  
Shrewsbury St, Old Trafford, Monday-  
Friday 9am to 5pm, Wednesday 9am to  
12.30pm and Saturday 10am to 4pm

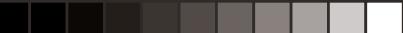
If you want advice, please ask to see  
the Next Step adviser who will be at  
the Old Trafford Library on Thursday  
afternoons and Friday mornings.

Ring 912 5153 for an appointment or  
ask at the Trafford Direct One Stop  
Shop

**TRAFFORD**  
METROPOLITAN BOROUGH

Employing over 8000 people  
in hundreds of different jobs





## OTN MEDIA SKILLS TRAINING

**Jan Brzozowski reports from OTN's latest media skills training course**

OK, so An Introduction to Media Skills isn't exactly nuclear physics, but it is a

well structured, balanced, and immensely enjoyable hands-on type of course. It's a fundamentally journalistic approach to writing, photography and design. Visual techniques highlight the main points, while fun practical tasks passionately stir the imagination.



The course also offers opportunities to express one's own creative talents by contributing to Old Trafford News magazine, around

which the course is based.

Generally my own experience of the course has been one of enhanced awareness of social issues, enjoyment, pleasant surprises and a few good belly laughs courtesy of the more comically inclined members of our group.

The group was multi-cultural, of varying experiences and with an age range from the teenager to the mature and retired. The course took place in St John's Centre situated along Ayres Road and on the corner of St John's Road. For those of you with an interest in this, similar or other courses I would suggest a visit may prove useful.

**FOR DETAILS OF FUTURE COURSES CALL 0161 872 7795**

INSIDE OTN

INSIDE OTN

INSIDE OTN

INSIDE OTN

## MEET THE TEAM!

Old Trafford News is written by local volunteers, most of whom had no experience of journalism before getting involved in the magazine. The more volunteers we have on board, the better OTN will get. So if you have any skills you'd like to learn or develop, or if you have any skills you'd like to share, please don't hesitate to get in touch. Full training is offered but not required - please give us as much or as little of your time as you can spare.

### The volunteers who contributed to this edition of OTN were:

Asifa Ahmed  
Rod Allan  
Jenny Avery  
Jan Brzozowski  
Julia Burke  
Pele Dawson  
David Esdaile  
Donna-Michelle Griffiths  
Hal Husbands  
Eddie Kelson  
Mussarat Khan  
Eamonn Kirk  
Anna McLaughlin  
Joe Rose  
Paul Sheehan  
Sheryl Sophia Sleigh  
Julian Walker  
Iveren Yongo

*Editorial co-ordinator:  
Ally Fogg*

### SPECIAL THANKS TO:

*Christine Aspinall; Sandra Barber and all the staff and directors of St John's Centre  
Colin Barson, Dave Nunns and all at VCAT*

*Henry Wong for his design advice.*

*Barclays Bank and the Parish Mission Fund for financial support.*

*And all our friends in the Old Trafford community who have offered encouragement, advice, support or constructive criticism.*

**otn@hotmail.co.uk  
tel: 0161 872 7795**

Could you  
contribute to the  
NEXT edition of

# Old Trafford

# News?

Free full training in all necessary skills is offered. Whether you want to learn valuable new skills, gain work experience, or simply help your community to help itself, Old Trafford News is here for you!

Call:  
0161 872 7795  
email:  
[otn@hotmail.co.uk](mailto:otn@hotmail.co.uk)

or come see us at:

St John's Centre  
St John's Road  
Old Trafford  
MANCHESTER M16 7GX

Supported by:  
Parish Mission Fund &

